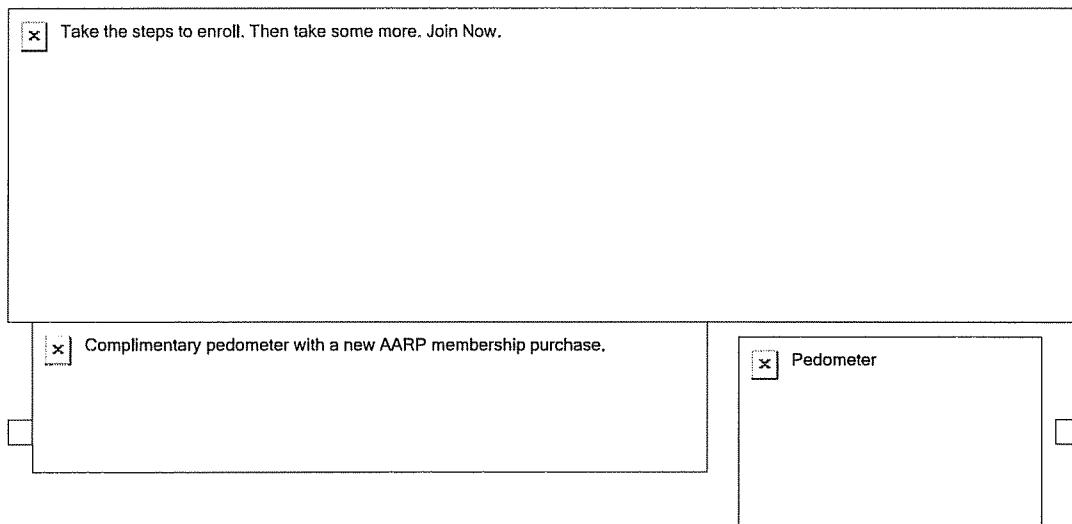


EXHIBIT F

X-Persona: <IAS>
Return-Path: <cid=199-uid=1821060_mid=1884-pid=47--@emessagecast.com>
Delivered-To: 1-JAMES@GORDONWORKS.COM
Received: (qmail 8385 invoked from network); 30 Nov 2006 13:36:34 -0700
Received: from smtp.emessagecast.com (204.92.145.12)
by ip-208-109-91-7.ip.secureserver.net with SMTP; 30 Nov 2006 13:36:34 -0700
Content-Transfer-Encoding: 7bit
Content-Type: multipart/alternative; boundary="-----_11649187272128422"
MIME-Version: 1.0
X-Mailer: MIME::Lite 2.117 (F2.6)
Date: Thu, 30 Nov 2006 20:32:07 UT
To: JAMES@GORDONWORKS.COM
From: aarp.org <wkimasterfile@emessagecast.com>
Reply-To: wkimasterfile@emessagecast.com
Subject: *****SPAM***** Complimentary Pedometer with Enrollment
X-Campid: cid=199-uid=1821060-mid=1884-pid=47--
X-Eid: JAMES@GORDONWORKS.COM
Message-Id: <20061130203207.C6CC87A84CC1B@smtp.emessagecast.com>
X-Spam-Prev-Subject: Complimentary Pedometer with Enrollment
X-Spam-Flag: YES
X-Spam-Checker-Version: SpamAssassin 3.0.4 (2005-06-05) on gordonworks.com
X-Spam-Level: *****
X-Spam-Status: Yes, score=5.5 required=5.0 tests=HTML_MESSAGE,
HTML_TEXT_AFTER_BODY,HTML_TEXT_AFTER_HTML,HTML_WEB_BUGS,
MIME_HTML_ONLY,MIME_HTML_ONLY_MULTI,MPART_ALT_DIFF,OPTING_OUT,
URIBL_OB_SURBL autolearn=no version=3.0.4
X-Spam-Report:
* 0.5 OPTING_OUT BODY: Talks about opting out (lowercase version)
* 0.2 HTML_TEXT_AFTER_BODY BODY: HTML contains text after BODY close tag
* 0.0 HTML_WEB_BUGS BODY: Image tag intended to identify you
* 0.2 HTML_TEXT_AFTER_HTML BODY: HTML contains text after HTML close tag
* 0.0 HTML_MESSAGE BODY: HTML included in message
* 1.5 MPART_ALT_DIFF BODY: HTML and text parts are different
* 1.2 MIME_HTML_ONLY BODY: Message only has text/html MIME parts
* 2.0 URIBL_OB_SURBL Contains an URL listed in the OB SURBL blocklist
* [URIs: emessagecast.com]
* 0.0 MIME_HTML_ONLY_MULTI Multipart message only has text/html MIME parts



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<input checked="" type="checkbox"/> Benefits include:	<ul style="list-style-type: none">Instant access to a wealth of information onlineAARP magazineAccess to AARP-sponsored health, auto and homeowners insurance plansTravel discounts on air, hotel, cruise and car rentalsInformation to help you live a healthy lifestyleAccess to the AARP Legal Services NetworkInformation to help with your retirement planning
<input type="checkbox"/>	Be heard.

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